

A VIEW FROM FEW

AN ORGANIZATION FOR OPPORTUNITY AND EQUALITY
FOR WOMEN IN GOVERNMENT

Space Coast Chapter, Kennedy Space Center, FL

November, 2002

SPACE COAST CHAPTER, FEW 2002 – 2003

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Newsletter	Sharon White
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Community Outreach	Vickie Hall
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Regional Legislation	Marie Argana

PRESIDENT'S MESSAGE

Barbara Powell



Forgive Yourself: You're Human

"To err is human, to forgive divine". You might as well insert the word "yourself" into this all-so-true observation about being human. Let's face it. We are human, and to be human means you're going to make errors, at least some of the time. You're going to make plenty of mistakes, mess up from time to time, lose your way, forget things, lose your temper, say things you shouldn't have, and all the rest. I've never understood why this simple face of life—our tendency to make mistakes—is so surprising or disappointing to people. I certainly don't understand why it's such a big deal.

To me, one of the saddest mistakes we make is a lack of forgiveness, especially to ourselves. We constantly remind ourselves of our flaws and previous mistakes. We constantly remind ourselves of our flaws and previous mistakes. We anticipate future mistakes. We're highly critical of ourselves, frequently disappointed, and ruthless in our self-judgment. We badger and blame ourselves, and often we're our own worst enemy.

It seems to me that to be unforgiving of yourself is foolish and ridiculous. Life didn't come with a foolproof manual. Most of us are doing the best that we can—really. But we're not perfect. The truth is, we're a work-in-progress. We learn from our mistakes and from stumbling. The best any of us can do, is any given moment, is to call it as we see it, to give it our best shot. None of us, however, certainly not I, have mastered life.

I'm sure that one of the reasons I'm a happy person is that I'm very forgiving of my mistakes. Someone recently asked me how I learned to be so kind to myself. My response was "Because I've made so many mistakes, I've had lots of practice." My mistakes have not been intentional. I truly do the best that I can. My work ethic as well as my standard of excellence is as high as most people's. So my forgiving attitude toward myself has nothing to do with any sort of apathy or a lowering of standard. It's more a matter of being realistic. Like almost everyone else, I have a great number of responsibilities. In fact, it usually seems like I'm juggling ten or twenty balls in the air simultaneously. So, to assume I'll never make mistakes is absurd.

Can you sense how framing mistakes in this more realistic way gets you off the hook? In other words, when you make a mistake—even a stupid one—this more philosophic outlook allows you to keep your perspective and sense of humor instead of beating yourself up. Instead of saying to yourself, "What an idiot," you'll be able to say, "More proof that I'm."

Obviously, some mistakes are big. An air-traffic control mistake or one wrong move by a surgeon can be deadly. A vast majority of the mistakes we make, however, are not life or death; they are nothing more than "small stuff" disguised as "big stuff." It's true that even small mistakes can cause inconvenience, conflict, or extra work, but what else is new? When did life suddenly become convenient or trouble-free?

While no one enjoys making mistakes, there is something very freeing about learning to accept them—really accept them—as an unavoidable part of life. When we do, we can forgive ourselves, thus erasing all the stress that usually results from badgering ourselves. So my suggestion is simple. Forgive yourself; you're human.

This article was taken in part from "Don't Sweat the Small Stuff at Work" by Richard Carlson, Ph. D.

I had to reprint this because there have been so many times lately that I have sat back and brutally beat myself up for mistakes that I've been making. Thank goodness the membership of Space Coast Chapter is forgiving. This article has helped to bring my life into a little better perspective. It was also on my mind with Thanksgiving and Christmas planning coming up these words would remind you to "forgive yourself, you're human."

Happy Thanksgiving!!!

GovernmentExecutive.com

More than 75,000 federal jobs in nearly two dozen agencies could be performed by private-sector workers, according to the first round of 2002 job inventories released Thursday under the 1998 Federal Activities and Inventory Reform (FAIR) Act.

Twenty-two agencies, including **NASA** and the Treasury Department, were included in the first round of 2002 FAIR Act lists published by the Office of Management and Budget in Thursday's Federal Register. Of the 242,843 jobs included in the first round, 31 percent, or 75,404 positions, are eligible to be performed in the private sector under the rules of the FAIR Act.

For the first time, the release included not just these commercial jobs, but lists of agencies' "inherently governmental" jobs, which by law are off-limits for outsourcing. The agencies categorized 69 percent of their jobs, a total of 167,439 positions, as inherently governmental. Although agencies submitted their lists of inherently governmental jobs to OMB during the 2001 job inventory process, those lists were not published.



Question of the Month

Did You Know Brushing Your Teeth May Help Prevent Heart Disease?

Caroline Genco, professor at the Boston University School of Medicine, said a recent study proves there is a direct link that the microbe causing periodontal disease more than doubles the amount of blockage in the arteries. Periodontal disease is caused by porphyomonas gingivalis and it is very common among people over forty and often begins colonizing in the mouth around the age of twelve. Because it's in the mouth, which often suffers minor cuts and abrasions, the microbe can easily get into the bloodstream where it causes inflammation in the arteries. The inflammation leads to the build up of fatty deposits, which can block the arteries and lead to cardiovascular disease. There are other bacteria, which may cause inflammation leading to cardiovascular disease, but the gingivitis microbe is important because it is so very common.



MEMBERSHIP COMMITTEE



We are truly glad to have our members support our Chapter and if anyone has any questions, call Becky Denis at: 321-867-4104 (voice), 321-867-1458 (fax) or E-mail at Rebecca.Denis-1@ksc.nasa.gov

If you haven't yet sent in your membership dues, please send your check to our Treasurer, Karin Biega at XA-A.

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## FEW NATIONAL

The National Policy & Procedures Manual (NPPM) has been posted to the FEW Website at [www.few.org](http://www.few.org) under the Publications link. It may take several minutes to download, as it is a huge file.

## PROGRAM COMMITTEE

*Becky Fasulo*

Our October meeting was well attended. Our guest was Pricilla Griffith from the League of Women Voters. She was very informative regarding the amendments appearing on our ballot this election. **Don't forget to vote on November 5!**

Next month our meeting will be at the Red Lobster in Merritt Island on Tuesday, November 19<sup>th</sup>. We will meet between 4:30 and 5:00 and order from the menu. One of our newer members, Gail McLean, will be our guest speaker. As an Independent Associate of Pre-Paid Legal Services, Inc., she will be telling us about the services they offer. I'm sure this will be a very interesting topic and we will all learn something. We will also have a short business meeting. Please plan to join us!

Mark your calendars now for our Holiday Party. We will be having it again at the clubroom at Connie

Dobrin's condo, Oleander Pointe Condominiums, 102 Riverside Drive, Cocoa, FL, on Saturday, December 14, from 11:00 to 2:30.

We will have a catered brunch and then our gift exchange. Bring a wrapped gift (no tag or card) priced between \$10.00-\$15.00. For more information contact me either phone - 867-4436 or email - [Rebecca.Fasulo-1@ksc.nasa.gov](mailto:Rebecca.Fasulo-1@ksc.nasa.gov)

## **2003 National Training Program July 7 - 11**

Chicago's NTP Theme is, "Building Tomorrow's Leaders Today". For more information go to the FEW website at <http://www.few.org>



**SUNSHINE**  
*Karen Jansma*

## Celebrating birthdays in November:

|                |    |
|----------------|----|
| Ruby Jennings  | 04 |
| Lesley Carroll | 11 |
| Zoa Dodd       | 11 |
| Ann Gary       | 15 |
| Deborah Ward   | 21 |

**Happy Birthday!**

Our Chapter would like to continue to remember our FEW Sisters Birthdays as well as any other significant events in our members' lives, so please send information to Karen Jansma at [Karen.Jansma-1@ksc.nasa.gov](mailto:Karen.Jansma-1@ksc.nasa.gov). Also, if your big day comes around and it is not noted in the monthly Newsletter, please let Karen know.

**Teddy Bear Tea  
Cindy Gooden**

The Salvation Army Brevard County Domestic Violence Program Presents the 8th Annual Teddy Bear Tea & Auction on Saturday, November 9, 2002 from 1:00 - 4:00 p.m. at the Eau Gallie Civic Center,

1551 Highland Avenue, Melbourne, Florida. Auction begins at 2:00 p.m. There will be Child Focused activities including Clowns, Mimes, Magicians, Dress Your Own Bear, "Tea Garden" and much more.

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### Floridians Take Note

Frozen orange juice has more vitamin C than ready to drink orange juice – from one and a half to three times as much. The vitamin C in frozen orange juice concentrate is also much more stable. After four weeks in the refrigerator, juice made from frozen concentrate still had ample amounts of vitamin C, but none of the ready to drink orange juices had any vitamin C. *From Tomorrow's Bottomline, October 2002.*

## GOVERNMENT NEWS & LEGISLATION

*Marie Argana*



### Military Getting Pay Raise, Civilians Not So Sure

Members of the armed forces will receive at least a 4.1 percent pay raise, effective Jan. 1, as part of a \$355 billion defense appropriations bill for FY 2003 that President Bush signed on October 23. A proposal to raise the pay of federal employees by a similar amount has stalled in Congress. The proposed 4.1 percent average raise for federal workers was approved by the House as part of the spending bill for the Treasury Department, the Postal Service and general government operations. But the Senate, which appeared on track to support a 4.1 percent raise, has not finished work on the spending measure. This issue will be addressed when lawmakers return in a lame duck session following the November 5 elections.

### TSP Open Season Upcoming

Investors in the Thrift Savings Plan are will get another opportunity increase the amount they can invest each biweekly pay period during the TSP open season that will run October 15-December 31. This will be the first open season conducted on the TSP's revised schedule, which also will change the annual spring open season to run April 15-June 30. During the upcoming open season, investors under the FERS

retirement program will be able to invest up to 13 percent of salary biweekly and those under the CSRS system up to 8 percent, subject to a dollar cap set by the tax code. For calendar 2003, that dollar cap is increasing by \$1,000 to \$12,000. Investment elections during the open season can be effective as early as the first pay period starting on or after December 1.

### Federal Employees' Group Life Insurance: New Premiums and Age Bands

Effective January 1, 2003, new premiums and age bands will apply to the FEGLI program. The Office of Personnel Management (OPM) periodically reviews the FEGLI premiums to determine whether circumstances require any changes. The last premium change was effective April 24, 1999.

Because of generally lower mortality rates, OPM has decided to reduce the premium for Basic insurance and to reduce the premium for several of the Option B age bands. There are no changes to the Option A premiums or to the premiums for the existing Option C age bands.

Check out the OPM web site [www.opm.gov/insure/lifew](http://www.opm.gov/insure/lifew) for additional information.

### Could Your Deodorant Cause Cancer?

[www.ThirdAge.com](http://www.ThirdAge.com)  
October, 2002

A new study, prompted by an urban myth spread on the Internet, shows there is no evidence that antiperspirants or deodorants can cause breast cancer.

The study, appearing this week in the Journal of the National Cancer Institute, examined the personal hygiene habits of 813 women with breast cancer and 793 women without the disease and found no link between cancer and body odor control cosmetics.

"Antiperspirant and deodorant use did not differ whether or not a participant (in the study) had breast cancer," said Dana K. Mirick, an epidemiologist at the Fred Hutchinson Cancer Research Center in Seattle. This indicates, she said, that use of the personal products does not cause the disease.

Other results from the large study were published

earlier, but nothing was done about the antiperspirant question until Mirick and her co-authors realized that women were still concerned about the issue, even 10 years after it was first raised on the Internet. The American Cancer Society and the National Cancer Institute were so concerned that both put out notices on the Internet stating there was no evidence linking the personal products with cancer.

"It is important for people to have correct information ... that can eliminate fear about a deadly disease from an exposure that is quite common," said Mirick. "These myths induced fear because this is a product that almost everybody uses."

Mirick said the original rumor started more than 10 years ago, probably from a widely distributed, anonymous e-mail.

### **Community Outreach** ***Vickie Hall***

#### **Make A Difference Day**

The Chapter voted to support the Hacienda Girls Ranch "Bed in a Bag" project as our Make A Difference Day Project. For those of you that are unfamiliar with the Hacienda Girls Ranch, it is a 45-bed facility for foster care girl's ages 6-18. They provide a safe haven for abused, neglected, and/or abandoned girls from throughout the State of Florida. Hacienda is licensed as an emergency shelter and residential group home. They provide emotional support and supervision 24 hours a day. In addition, they offer mental health counseling, remedial education and vocational opportunities to each child, as well as numerous recreational activities. Their goal is to achieve permanency through reunification with their biological family, placement in a foster home or with an adoptive family or through transition to independence.

"Bed in a Bag" project - most of the girls when they arrive have nothing more than the clothes on their back, so they like to provide each person that comes in with a bed ensemble of their own to take with them when they leave. It consists of: comforter, sheets, pillowcases and towels and costs about \$60 - \$70 per person. The Chapter is donating \$350 toward the purchase of "Bed in a Bag" ensembles for the girls.

#### **Breast Cancer Awareness**

The Chapter is collecting Yoplait Pink Lids and Pink Ribbon Panels from Edy's Ice Cream in support of breast cancer research. Yoplait is donating .10 for every lid returned and Edy's is donating .50 for every

panel returned. You can send your Yoplait Pink Lids to Vickie Hall, TA-B3 and your Edy's Ice Cream panels to Suzanne Worland, Mail Code 7210-C100 by December 8<sup>th</sup>.

#### **March of Dimes Walk America**

The walk is scheduled for May 3, 2003 at Lori Wilson Park, Cocoa Beach. You need to collect at least \$25 in donations. Since many of the Chapter members that have participated in this event in the past elected not to do so this year, the Chapter donated \$100 to Women/Young Women of Achievement dinner in August. However if you would like to form a FEW team, collect donations and walk, please let me know, [Vickie.Hall-1@ksc.nasa.gov](mailto:Vickie.Hall-1@ksc.nasa.gov) or 867-9100.

#### **FEW Tragedy**

I'm sure all of you heard, but for those that didn't, one of our FEW Sisters, Lisa Brown, recently experienced a personal tragedy when her eighth grade son was a victim of the sniper attacks in the Washington, D.C. area. According to the Washington Post article on October 17<sup>th</sup>. "A week after becoming the sniper's ninth victim and one of only two survivors, the boy remains in the intensive care unit, heavily sedated, in serious condition. Doctors are hopeful for a full recovery with no long-term disability, though it is still too soon to rule out major setbacks, such as infection, recurrent bleeding or organ failure. "We're in a critical phase with this youngster," Eichelberger said. "There is a lot of luck involved here, and I hope I'm a lucky surgeon." The boy's family describes him as a fighter. "

Haven't heard anything on the boy's current condition but Lisa was told that he would be hospitalized for six - eight weeks. A fund has been set up by IRS employees to help Lisa and her family during these difficult times. The information for the account is listed below.

IRS New Carrollton Branch  
New Carrollton Federal Bldg.  
5000 Ellin Road, Room C1-100  
Lanham, MD 20706  
301-429-0470

The account number is # 712124 for Lisa

The Chapter voted at our last meeting to make a special donation of \$200 to assist the family. Please

keep Lisa Brown and her family in your prayers.

### CALENDAR OF EVENTS

#### November

- 09 Teddy Bear Tea
- 10 Launch of Endeavour, STS-113
- 11 Veteran's Day
- 19 Chapter Meeting, Red Lobster, MI**
- 28 Thanksgiving Day

#### December

- 14 Christmas Brunch, Connie's Condo**
- 25 Christmas

### **Florida History and Culture**

**Submitted by Vickie Hall**



### **END OF RECONSTRUCTION**

The Presidential Election of 1876 marked the end of Reconstruction. **In a bizarre ending to a close election, Florida was one of three Southern states, which had two winners.** Democrats claimed the election results made Democrat Sam Tilden the winner, but Republican Governor M. L. Sterns rejected the vote in several rural areas as rigged and ruled that Republican Rutherford B. Hayes had the vote. (Editor's comment: Sound familiar?)

#### A map of the ELECTION OF 1876

In Washington, the disputed election was determined in a smoke-filled hotel room where the press never found how Republican and Democratic committee members fully resolved the issue. Rutherford B. Hayes was declared the winner of all three states (including Florida) while Republican officials were

announcing the removal of the last Federal troops from the Florida. African-Americans felt they had been betrayed in a game of power politics.

Reconstruction was now terminated. The Southern Democrats could systematically eliminate the Republican black vote, while trying to restore Florida to a conservative, agrarian Southern state.

### **2003 Annual Training Program**

**Karin Biega, Chair**

The theme for the upcoming seminar is "Charting the Next Adventure." I selected this as a good follow-up to the fabulous NTP Theme of "Magic and Space - Dreams in Progress" as we will be taking our dreams and looking for new and different ways to promote Federally Employed Women, Space Coast Chapter, and help others through our training programs, community outreach and scholarships. The days of the ATP are March 12 and 13 at the Holiday Inn, Cocoa Beach. The committee will meet Wednesday, November 13 for reports on the status of all the committees. Everyone is invited and encouraged to attend and see where they can help out.

### **SPACE COAST CHAPTER NEWSLETTER**

**Sharon White**

This monthly publication is a means of sharing information and ideas, please send news articles or items of interest for this Newsletter to Sharon White at QP-ES-A-or e-mail

[Sharon.White-1@ksc.nasa.gov](mailto:Sharon.White-1@ksc.nasa.gov)

Please feel free to share this Newsletter with your friends. And for anyone interested, a Membership Application is attached as the last page.

|                                                                                    |  |                        |  |                                          |                                |                                  |                    |
|------------------------------------------------------------------------------------|--|------------------------|--|------------------------------------------|--------------------------------|----------------------------------|--------------------|
| <b>New Applicant</b>                                                               |  | <b>Renewal</b>         |  | <b>Previous Member</b>                   |                                | <b>Change of Membership Info</b> |                    |
|                                                                                    |  |                        |  |                                          |                                |                                  |                    |
| <b>Name</b>                                                                        |  |                        |  | <b>Membership Number</b>                 |                                | <b>Birth Date</b>                |                    |
| <b>Home Address</b>                                                                |  |                        |  |                                          |                                |                                  |                    |
| <b>City, State, Zip</b>                                                            |  |                        |  |                                          |                                |                                  |                    |
| <b>Home Phone</b>                                                                  |  |                        |  |                                          |                                |                                  |                    |
|                                                                                    |  |                        |  |                                          |                                |                                  |                    |
| <b>Agency/Company</b>                                                              |  |                        |  |                                          |                                |                                  |                    |
| <b>Mail Code/Address</b>                                                           |  |                        |  |                                          |                                |                                  |                    |
| <b>City, State, Zip</b>                                                            |  |                        |  |                                          |                                |                                  |                    |
| <b>Work Phone</b>                                                                  |  |                        |  |                                          | <b>FAX #</b>                   |                                  |                    |
| <b>E-mail Address</b>                                                              |  |                        |  |                                          |                                |                                  |                    |
|                                                                                    |  |                        |  |                                          |                                |                                  |                    |
| <b>If interested in serving as a Chapter Officer, please indicate which office</b> |  |                        |  |                                          |                                |                                  |                    |
| <b>President</b>                                                                   |  | <b>President Elect</b> |  | <b>Vice President</b>                    |                                | <b>Secretary</b>                 | <b>Treasurer</b>   |
|                                                                                    |  |                        |  |                                          |                                |                                  |                    |
| <b>METHOD OF PAYMENT</b><br>(Credit Cards only available Jan-Mar)                  |  |                        |  |                                          |                                |                                  |                    |
| <b>Total Amount Due: see schedule below</b>                                        |  |                        |  |                                          |                                |                                  |                    |
| <b>Cash or Check</b>                                                               |  | <b>Check No.</b>       |  | <b>Credit Card</b>                       |                                | <b>Visa</b>                      | <b>Master Card</b> |
| <b>Card Number</b>                                                                 |  |                        |  |                                          | <b>Expiration Date (MM/YY)</b> |                                  |                    |
|                                                                                    |  |                        |  |                                          |                                |                                  |                    |
| <b>Print Cardholders Name<br/>(as it appears on card)</b>                          |  |                        |  | <b>Signature<br/>(Credit Cards Only)</b> |                                |                                  |                    |

Please place an X by the month dues are paid and pay the indicated amount.

|  | Month    | Amount Due |  | Month     | Amount Due |  | Month   | Amount Due |
|--|----------|------------|--|-----------|------------|--|---------|------------|
|  | February | \$30.00    |  | March     | \$28.00    |  | April   | \$26.00    |
|  | May      | \$24.00    |  | June      | \$22.00    |  | July    | \$20.00    |
|  | August   | \$17.00    |  | September | \$15.00    |  | October | \$13.00    |
|  | November | \$11.00    |  | December  | \$9.00     |  | January | \$7.00     |

The National Office requesting the following for statistics only:

Position/Title: \_\_\_\_\_ Series/Grade: \_\_\_\_\_

Circle One:      SES      GM      GS      WG      Military      Other

Circle if Applicable:      FWP Full-time      FWP Part-time      EEO

**Demographics**

Sex [F/M]: \_\_\_\_\_ Race: \_\_\_\_\_ Years of Service: \_\_\_\_\_ Retired [Y/N]: \_\_\_\_\_